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The Use of Hypnotic Intervention with Gastrointestinal & Dermatological Disorders

Research and Sharing of Scripts

Presented by

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Brief Biography

Dr. Tatarunis is the president of the Greater New England Academy of Hypnosis, Inc. The Academy is now in its 24th seminar year and is approved for CE credits by the American Association of Nurse Anesthetists. The purpose of the seminars is to teach Anesthetist how to use hypnosis in their practice. He has conducted these seminars through out the United States, Canada, and England. He currently conducts these seminars in his office.

In 1984 he established the New England Stress Management Center. While the major focus of NESMC is stress management, nevertheless, weight loss, smoking cessation, chronic pain management, sports hypnosis, and working with cancer patients is also offered at NESMC. For 12 years his office was in Danvers and for the last 6 years in Middleton in the Yankee Fireplace and Grill City Building. In 2002 his book: *Nobody Drives You Crazy, You Do!! A Stress Management Primer* was published.

Dr. Tatarunis recieved a bachelors degree in Music from the University of Massachusetts at Lowell, a master's degree in Education from Harvard University, and a doctorate in Education from Boston University. He is a certified member of the National Guild of Hypnotists and is a presenter at their annual national convention.

For 31 years he was a teacher and school administrator in the Massachusetts Public Schools. He was also an adjunct instructor at Emmanuel College, Berklee College of Music, Boston Conservatory of Music, and University of Massachusetts at Lowell. He retired from education in 1984 and went into the stress management and hypnosis business.

Hypnotic Imagery and Suggestions for Gastrointestinal Disorders

Healing is a basic human function; not a medical touch of a supernatural power.

Anon

Health exists when the mind and body function in harmony.

Kenneth Pelletier,

Ph.D.

Your health is bound to be affected if, day after day, you say the opposite of what you feel...

Boris Pasternak

Imagery has become an increasingly common element in therapy and even in certain medical situations.

Harris Dienstfrey

Where The Mind Meets The Body

Introduction: Gastrointestinal Disorder

Gastrointestinal problems are very common and are often triggered by every day circumstance, events, and people. If you have ever had butterflies in your stomach when faced with a stressful situation, then you don't need to be convinced that there is a connection between your emotions and your gastrointestinal tract. The gastrointestinal tract is lined with nerves from the autonomic nervous system. Today more and more physicians believe that the attitude of the mind shows up in the digestive system in the form of ulcers, irritable bowel, colitis, and Crohn's disease. Until a person with gastrointestinal problem can control his emotions (stress) relief is not possible. (Chopra, 1989, pp. 45-46)

Irritable Bowel Syndrome

Stress and other emotional conditions are often contributing factors (GI) gastrointestinal problems - these are GI conditions for which there is no known physical cause. The most common GI condition is irritable bowel syndrome IBS. The symptoms of IBS are abdominal pain and irregular bowel movements. While stress and emotional factors do contribute to IBS there is some evidence that people with psychological problems are more susceptible to develop IBS. It is interesting to note that stress seems to influence the GI tract differently with different patients, **e.g.**, constipation with some and diarrhea with others. GI distress created by stress and tension can also experienced periodically by otherwise healthy people. Whitehead (1993) suggested that psychotherapy; relaxation training and hypnosis can help to treat GI problems that have a psychological basis. (pp. 94-175)

Whitehead also reported that 47% of the patients referred to the John Hopkins Clinic with IBS could be diagnosed as having a psychiatric disorder. Other studies have reported that 100% of their study group patient had psychiatric problem that included: **a) depression, b) general anxiety disorder, c) panic attacks, and d) phobias.** Psychiatric problems also seem to be prevalent in patients seeking help for Crohn's disease (Chronic inflammatory condition in the lower intestine) p. 163.

It would be easy to draw the conclusion from such evidence that psychiatric disorders cause gastrointestinal problems. However, Whitehead (1993) reported that a survey of 149 IBS women patients at John Hopkins who came from the Baltimore suburbs and had the same educational and social background. The results were as follows:

- * 26 percent reported the same symptoms IBS similar to those of other clinic participants with IBS.
- * 80 percent of the women with IBS had not consulted a physician.
- * Further study of the 80 percent of women with IBS found that they suffered no problems psychologically and were as psychologically healthy as people with no bowel problems.
- * When the suburban women were compared with the regular IBS patients who came to the clinic, the regular IBS patients had a higher than average rate of psychological problems (p. 163)
- * When Drossman and Thompson (1992) replicated the study they discovered their results were the same. (pp. 1009-1016)

Some IBS patients seem to have bowels that have a biological proclivity to create gastric problems when they are emotionally stressed. These patient's bowels seem to react:

- * To simple everyday stress, e.g., deadline, marital problems, etc.
- * Because they have certain gut hormone.
- * Because of their high fat diet.

Some of the symptoms of IBS are as follows:

Heartburn here stomach acid leaks into the esophagus often created by overeating. Especially if the food is eaten quickly while the person is under stress. Cigarettes (nicotine) and alcohol seem to relax the esophageal sphincter so more acid can get into the esophagus.

Indigestion Abdominal pain, bloating, flatus and belching, are some of the symptoms of indigestion. These symptoms are the result of swallowing air while a person eats quickly and just gulps down the food.

Stomach Pain This can be caused when the stomach is empty. The symptoms are often made worse when stress increases and the flow of acid increases. The condition is further aggravated by nicotine (increases acid flow) and alcohol (inflames the stomach tissue).

Esophageal Dysfunction is usually the result of some strong emotional event in anxious or depressed individuals.

Functional Dyspepsia Pain and discomfort in the upper abdominal area accompanied by nausea, bloating and vomiting (no cancer or peptic ulcer present). While there is no statistical evidence, this condition is experienced more by people who react negatively to the stress in their lives, are anxious and depressed.

Functional Ano-rectal Discomfort Although not enough research has been conducted these fleeting pains in the anal canal or rectum, which occur only a few times a year, are believed to be created by chronic muscle tension or spasm and stress and anxiety.

Irritable Bowel Syndrome Treatment

For year treatment for IBS was limited to drugs and diet. This approach was not particularly successful. Currently a more holistic approach combines medical and psychological treatment. Padus (1986) reported on a study conducted at the University of Göteborg in Sweden:

- ◆ 101 IBS patients were randomly assigned to two groups
- ◆ The control group received only medication
- ◆ The experimental group received medication and psychotherapy
- ◆ Symptoms such as diarrhea, pain, and constipation were rated 3 and 15 months after the experiment
- ◆ The patients in the experimental group showed greater improvement which seemed to grow overtime
- ◆ The control group seemed to actually deteriorate (pp. 612-613)

Padus further wrote,

For sufferers of IBS who do not respond to drug treatment, dietary change or psychiatric counseling, hypnosis could be the answer. Fifteen IBS sufferers all experienced substantive to complete relief following seven hypnosis sessions

over a three-month period. Once a month sessions were sufficient for maintaining intestinal calm. (P. 613)

Current strategies for treating IBS with promising result are as follows:

Psychotherapy - there is evidence that psychotherapy and medical treatment is more effective than medical treatment alone. The therapy involves identifying the stressors and teaching the patient to better cope with the stress.

Relaxation Training - A British study that included relaxation was very successful in relieving pain. This combined therapy also improved psychological symptoms. Similar studies that included using basic stress management techniques, and relaxation tape cassettes also gained positive results.

Hypnosis - Peter J. Whorwell, a British Gastroenterologist, used hypnosis in a 30-minute session. He combined complete body relaxation with imagery that visualized the muscles of the lining of the bowel relaxed and smooth. The patient had at least 7 hypnosis sessions and then practiced self-hypnosis using the same suggestion. After 4 weeks there was an improvement in pain and bowel symptoms, (which had not occurred in the control group). Eighteen months later a follow-up showed that the results were maintained.

Biofeedback - Some experiments indicated that patients learned to control the amount of gastric secretion and colon contraction. However, Whitehead concluded that gastric control and colon contraction control did not decrease the pain level. He believed that relaxation and stress management were more effective for the following reasons:

- * learning to control gastric secretion and bowel contractions required time and the process was complex, and
- * Stress management techniques were more effective because the techniques prevented the stress that created the bowel problems. (pp. 171-174)

It is interesting to note that Samuels and Samuels (1985) reported that IBS and the common cold rank equally as the main reason people miss coming to work. (p. 358)

IBS is a chronic condition that can be controlled. Le Gro (1991) reported that in one study where hypnosis and imagery was used to control IBS, 20 of the 33 patients in the group showed improvement in 7 weeks and 11 patients lost nearly all of the symptoms.

In his book *The Road Back To Health* Neil Fiore, Ph.D., recommended that you imagine that you have turned over your body to the wise physician within thus freeing the conscious mind from constant concern for the IBS. Have confidence that the body has the knowledge, talent and the skill it needs to calm the irritated bowel, heal the damage and have it function properly. (pp. 76-77)

Along with Hypnotic Intervention, the following can help to relieve symptoms:

Increase Fiber Intake - wheat bran is recommended over apples and carrots because it holds water better and helps prevent diarrhea. Food sensitivities vary and some people forgo sugar, dairy products and wheat.

Avoid Foods That Irritate The Bowel - Beans and cabbage cause gas and fats create strong colonic contractions: Alcohol, tobacco, and food containing caffeine can also irritate the bowel.

Eat Slowly - can help to stop abnormal colonic contractions.

Exercise - Walking, swimming, biking (with doctor's permission), and avoid constipation.

Sit ups - can offer temporary relief of bowel spasms.

Medication - Using antispasmodics such as dicyclomine HC1 (Bentyl), anisotropine methyrbromide (Valpin 50) or glycopyrrolate (Robinul) to alleviate cramping and diarrhea.

Other Gastro-intestinal Disorders

Ulcers - Gastrointestinal ulcers are found in the stomach and the duodenum and are caused by acid erosion. Overt symptoms are: bloating, heartburn, and abdominal pain. The abdominal pain can occur within an hour of eating a meal and can persist as long as 3 hours. Hypnosis is recommended for stress and pain management along with avoiding the following: coffee, tea, aspirin, alcohol, acidic foods, and Ibuprofen. While milk can neutralize the stomach, the protein

and calcium in milk can induce the production of more acid. Ulcers are usually treated medically with Tagamet or Zantac. With these drugs ulcers heal rapidly but can recur unless the person changes his/her behavior.

Crohn's Disease (CD) - This gastrointestinal disease is a chronic inflammatory condition that's found mostly in the lower small intestine and at times in the colon. It can manifest such symptoms as diarrhea, cramping, weight loss, fever or even partial intestinal obstruction and vomiting. While smoking cigarettes does not cause the disease it does act to aggravate the condition. When the condition is active, this food has a tendency to increase diarrhea, (fruit, vegetables, high fiber), should be avoided.

Hypnosis can be a help to Crohn's disease patients - reducing their stress and conducting healing imagery along with traditional medical intervention such as the use of corticosteroids.

Ulcerated Colitis (UC) - This gastro-intestinal disease is an inflammation of the membranes in the colon and manifests with the following symptoms:

- Severe cramping.
- Large amount of mucus, often bloody.
- Examination of colon shows large ulcers with blood and mucus in the inflamed colon, and
- Anemia created by bleeding of the ulcers (Schafer, 1997, pp. 112)

The medical treatment for ulcerated colitis is an anti-inflammatory drug such as Pentasa, Rowasa, or Asocol. Improvement takes about 3 to 6 weeks. Steroids such as prednisone can curtail the inflammation in 2 to 4 days. Another problem that colitis sufferers have is whether they have accepted the fact that they must now learn to live with this condition or whether they still harbor anger and resentment toward life and colitis or toward other people in their lives. If such a problem exists they will have to learn to live their lives within the framework of love, patience, kindness, understanding, forgiveness, and honesty. In addition to the primary symptoms in the gut there can be other symptoms that are extra-intestinal, **e.g.**, skin lesions, eye lesions, as well as bone and joint lesions. It should be noted that IBS is differentiated from UC because it does not have any bleeding into the bowel, destruction of intestinal tissue, or obstruction. (Schafer, p. 112)

Brigham (1994) wrote:

In both ulcerated colitis and Crohn's disease, circulating lymphocytes have been demonstrated to be cytotoxic for epithelial cells in the gut, and it is hypothesized that these immune cells attack, inflame, thicken, and create lesions in the intestines and other parts of the body. (p. 356)

While psychological variables are important, they are not as directly involved as in the irritable bowel syndrome. Schafer (1997) believes that both UC and CD are auto-immune disorders and they are both life threatening illnesses. Further he wrote that like all autoimmune diseases CD and UC have the following common psychological patterns:

- High normal amounts of aggressive instinctual drive (may be genetic),
- Drives are not realized because of learned ambivalence.
- The suppression of the aggression results in the development of auto- antibodies that attack normal cells instead of preparing old cells replacement by new cells. (p.111)

Schafer further reported, "...in body language I see the patient so angry that there is a desire to defecate on the target..." (p. 112). However, that behavior is socially unacceptable and because of the personality this socially unacceptable act is transferred to conflict in the colon. While this person needs an outlet for his/her anger the individuals involved are those upon which it is not possible to vent their anger - spouse, boss, parents, etc.

In using hypnosis with 3 patients, (1 with UC and 2 with CD), Schafer concluded that teaching patients how to relax, use self-hypnosis, and using visualization (safe place) can help patients to control how they react to stress. Using Simonton type visualizations, **e.g.**, visualizing a normal mucus membrane in the colon in the UC and a normal small bowel in CD, can be very helpful. He further recommended the suggestions for general good health, self esteem and ego strengthening should be part of the hypnotic intervention. (p. 116).

Hypnotic Techniques For Gastrointestinal Disorders

The first two visits to the hypnotist use the standard GNEAH visit stress management procedure that follows.

Hypnotic Procedure For Stress Management - First Visit (Gastro-Intestinal Disorder

INDUCTION

(MAGNET TEST)

Now close your eyes...holding your hands in front of you with your palms facing each other...O.K...now just concentrate on your right hand...now keep concentrating on your right hand...when your mind pulls you away

...just come back to the right hand...always come back to the right hand...now as you concentrate on the right hand I want you to use your imagination...I want you to imagine that your right hand is getting larger...and larger...and larger ...and now I want you to use your imagination further...imagine that your right hand has become a big strong magnet and that your left hand is a piece of metal which is being attracted to the magnet...and it pulls...and pulls... and pulls...the harder the piece of metal tries to escape the magnet the more it pulls and when your hands touch you will just sleep...[continue coaxing as needed with your own words]

RELAXATION

(after the hands have touched) now just lower you arms and place them Palms down on the couch...notice as I told you, you're quite aware...

not asleep or unconscious...you're very much in control...in the process of us working together...you will become very deeply relaxed...however...you will not fall asleep...or become unconscious...further, as we work together...you will hear me using the following words...**calm, peaceful, tranquil, and relaxed**... each time I say these words...please repeat them to yourself after me... however, when you repeat them don't just parrot each word...but actually feel the meaning of each word...for example, when I say **calm** and you repeat the word... just feel your mind calming and becoming centered...when you repeat the word **peaceful**...just feel the peace as it fills your mind and body...when you repeat the word...**tranquil**...feel the mental and physical tranquility in your mind and body...and when you repeat the word...**relaxed**...be sure you feel the mental, physical and emotional relaxation...**(turn on the hypnomusique)**...now just relax all the muscles in your feet...and now feel the relaxation moving to your ankles, calves and thighs...feeling **calm...peaceful...tranquil... relaxed**...and now just feel the same relaxation beginning in the muscles of your buttocks and lower back...as these muscles unwind...loosen ...become soft ...and comfortable ...and every breath you take you feel so calm...so peaceful ...so tranquil...so relaxed...just letting yourself go deeper and deeper relaxed...now feel the relaxation beginning in the muscles of your pelvic area ...feel how relaxed and comfortable you are...your inner organs relax with a soothing warmth...and every breath makes you more and more calm...more and more peaceful...more and more tranquil...and more and more relaxed...and now just take a big breath...and as you exhale just feel the muscles in your back and chest loosen and relax...**calm...peaceful...tranquil...relaxed** ...your lungs relax and your breathing is so effortless now...it's so easy to breathe ...now feel the relaxation beginning in your fingers and then moving to your hands...wrists...your forearm...your upper arms and then across your shoulders...**calm...peaceful...tranquil ...relaxed**...and now the relaxation begins in the back of your neck at the base of your skull...just feel these muscles become loose...soft...comfortable...and now just feel the relaxation moving to the muscles of your jaw...your cheeks...your temples...your forehead...your nasal passages relax and your breathing becomes even more and more effortless...and now I want you to scan your body and if you find any places of tension...just take a big breath and as you exhale...you'll find the tension just evaporate...feeling **calm...peaceful...tranquil...relaxed**...

IDEOMOTOR ANSWERS

Now as we continue to work together...I ask a lot of Yes or No questions ...if the answer is, yes, just lift the index finger of your right/left hand

(touch the finger)...if the answer is, no, then raise the index and middle fingers of your right/left hand **(touch both fingers)**...now here's the first question...are you more relaxed now than when we first began the session...**(wait for yes answer)**...good...

**TRANCE DEEPENING
WITH IMAGERY**

Now I would like you to teach you how to deepen the trance to become even more relaxed...the first method is very, very simple...as you continue to breath, naturally and normally, every time you exhale...

just say the word deeper (**watch the subject and as he/she exhales say the word deeper as they exhale while pushing down gently on the shoulders. Do this two or three times and then let the subject continue without any assistance**)...remember as you go deeper relaxed, you are in control and you can become as relaxed as you want...(pause)...good you're doing very well...

Now I want you to use your imagination to make yourself more relaxed... in a moment I'm going to count from 1 to 3...and when I say three...I want you to imagine yourself on a beach...it will be the most glorious beach you have ever imagined...since this is your own private beach, you'll be the only one there ...and I want you to go down and just walk along the water's edge... you'll be dressed for the beach...and as you walk along, each step you take will make you deeper and deeper relaxed...I'm going to begin counting...1...2 ...3...as soon as you're on the beach just raise the index finger of your right/left hand... (**wait**)...good...as you walk along the water's edge you can hear the constant roar of the surf...smell the clean salt air...hear the cry of an occasional gull...or the tolling of a bell on some distant shoal...and every step you take you become so **calm...peaceful...tranquil...relaxed**... the sky is so blue...and the water looks blue green...and the sand, is beautiful ...and now I want you to become involved with the beach physically...mentally ...and emotionally...it's not necessary for you to listen to what I say...and yet you'll hear everything I say...

**CUE ANCHORING
SELF HYPNOSIS
ACTIVE RELAXATION**

As you relax here I want you to make your subconscious receptive to the suggestions I'm going to make...because these positive suggestions will have a deep and lasting influence on the way you feel ...the way you think...the way you act toward the stress in your life...any time you find

your self getting stressful or "uptight"...all you have to do now is to take a breath and as you exhale say the words **calm, peaceful, tranquil, relaxed**... and you will immediately feel your mind and body assuming these characteristic ...however, your mind will remain sharp and alert...you will be able to think logically and clearly...and you will be able to perform the tasks at hand... (**Touch shoulder**)...this cue is implanted deeply and firmly in the deepest reaches of your subconscious to be used by you whether you are alone or with others whenever you want to relax yourself...(remove hand)...before we end this session I also want to teach you how to hypnotize yourself...it's a very simple procedure...all you have to do is count to yourself from 1 to 3...when you say 1, you look up at your eyebrows...when you say 2...you take a deep breath and close your eyes...and when you say 3...you exhale your breath...and at that moment you will find yourself floating or sinking down into this deep state of relaxation you're now in...your cue to go into this state is when you say 3...and exhale your breath...at that moment you will feel your mood change as you relax... when you want to come out of the trance all you need do is to count slowly from 1 to 3 letting your body systems balance and you will feel awake alert, refreshed and rested...(touch shoulder)...this cue is implanted deeply and firmly in the deepest reaches of your subconscious to be used by you whether you are alone or with others whenever you want to hypnotize yourself...(remove hand)...(**turn off hypnomusique**).

AROUSAL

In a moment I'm going to count from one to three so that by the time I say the number three you will be able to open your eyes and feel wide awake ...full of energy and pep...you will feel invigorated and revitalized...you will be rejuvenated and rested...as though you have taken a long peaceful nap...you will feel fitter...better...and stronger...fitter...better...and stronger in every way...because you have been able to relax so deeply and soundly your mind will be sharp and alert...and you will be able to think clearly and logically...I will begin now...1...you are feeling very rested right now...your entire body is very much at peace...you have been able to relax deeply and soundly and it has been through your ability to relax deeply that you bring the same relaxation into your every day life...2...you begin to feel energy and life flowing to every part of

your body now...your arms, your legs...your torso...you begin to feel strong... alive ...full of energy and vigor...you feel alert and rested...you feel perfect... emotionally... physically...and mentally perfect...you have a feeling of well being...you feel sound... healthy...and robust, ready to take on whatever else may come your way today...your eyes feel refreshed and rested as though you were awakening from a long nap...allow your body to balance itself now...3...you may awaken, open your eyes, stretch, and smile...don't rush...take your time...

POST TRANCE PROCEDURE

SELF HYPNOSIS

Now let's practice the self-hypnosis procedure...make

REINFORCEMENT

yourself more comfortable...I'm now going to count from one to three...1...look up at your eyebrows...2...take in a deep breath and close your eyes...3...exhale

your breath and just let yourself sink deeper and deeper relaxed...**(watch subject)**...fine...now as you breath naturally and normally every time you exhale just say **deeper... (say the word as the subject exhales)**...deeper...and this will deepen your trance... good...now at 2 and 3 hour intervals during the day after you have hypnotized yourself you will say your affirmation 5 times counting on the fingers of your right/left hand like this **(press on each of the subject's fingers as you say each affirmation until all 5 repetitions have been completed)**..."Every day in every way I'm more and more relaxed"**(repeat, repeat, repeat, repeat)**... now count slowly from 1 to 3 and when your body systems have balanced open your eyes, stretch and smile...

PROGRESSIVE RELAXATION

Now...please hypnotize yourself...saying

WITH BEACH AFFIRMATION

your affirmation 5 time sand when you're ...

PRACTICE

finished just nod your head **(wait)**...

now I'm going to count from 1 to 3 when I say three I want you to relax your body from the tips of your toes to the top of your head ...one...two...three... begin and when you're completely relaxed please nod your head...**(wait)**...great!...that took only seconds...now you can relax yourself this way anytime you wish... further if you want to go out on the beach you can go there any time that you wish...please do that now and when you are there just nod your head...**(wait)** ...great!...now...when you're ready just count from 1 to 3 and come out of your trance...

CHECKING FOR

Now anytime you're getting uptight and you want to relax

RELAXATION CUE

all you have to do is take a breath and as you exhale say **calm, peaceful, tranquil,**

relaxed...try that now...**(wait and watch)**...did you feel your whole mind and body calming when you exhaled and said those words?...**(wait for an answer)**...now when you do this remember your mind will remain sharp and alert and you will be able to think logically and clearly...

Directions After The First Stress Management Session

1. Listen to your non-hypnotic tape at least once a day - more if you'd like.
2. Listen to your relaxation tape at least once a day - more if you'd like.
3. Use the Calm, Peaceful, Tranquil and Relaxed active relaxation cue when you find yourself becoming uptight or stressful.
4. Hypnotize yourself at 2 and 3 hour intervals and say your positive affirmation - "Everyday in every way I'm more and more relaxed."
5. Read: The Four Agreements by Ruiz
6. For this program to help you, you must give it your time, effort, and commitment.

Hypno-Conditioning Cassette Tapes Used After The First Session

1. Hypno-relaxation tape.
2. Non-hypnotic stress management behavior modification tape.

Important:

In the process of working to teach the client how to manage his/her stress, it is very important to focus on and discuss the specific circumstances, people and events in his/her life that are creating stress.

Hypnotic Procedure For Stress Management - Second Visit (Gastro-Intestinal Disorder)

INDUCTION

SELF HYPNOSIS

After this session you will find that you have an increase in your ability to handle the stress and tension in your life...now I'm going to count from 1 to 3 and when I say 3 please hypnotize yourself...I'm going to begin now
...1...look up at your eyebrows... 2...take a deep breath and close your eyes... 3...exhale your breath and just feel your self sinking deeper and deeper **(Synchronize your words with the subject's breathing rhythm)**...

IMAGERY

(turn on hypnomusique)...Now when you are ready just imagine yourself in a place that you find calm... peaceful...tranquil...relaxed...there may be trees...there may be mountains ...there may be water...it may be the summer...the winter...the spring...or the fall...but what there is in this place are feelings of being calm... peaceful...tranquil...relaxed...now as you get involved with this place...you don't have to become involved with the details...but only with those calm...peaceful...tranquil...relaxed...feelings.

TRUISM (YES SET)

Since you and I have been working together you have heard me say many things...some of the things were new...and some of the things you already knew...but it's nice to know that some things you already knew...and some things were new...it's also nice to know how warm the sun feels on a cold day...or how good you feel when you listen to a piece of music that you like...or how relaxed you feel when you say calm...peaceful...tranquil...relaxed...

RELAXATION

and now as you (Synchronize your words with the subject's breathing rhythm)...breathe/relax... breathe/relax...breathe/relax...just let your breath relax your body...you don't have to do it...just let it happen...you may discover that some parts of your body will relax quite dramatically...like your chest...your abdomen and the back of your neck...while other parts of your body may not feel the relaxation as dramatically...and yet some parts of your body may still be tense...as you continue...(Synchronize your words with the subject's breathing rhythm)... to breathe/relax...breathe/relax...breathe/relax ...you don't have to pay attention to your breath to breathe... and you don't have to pay attention and still your heart beats...and your conscious mind doesn't have to pay attention to what I say...because your subconscious will listen in its sub conscious way... however, if you wish to listen...then please feel free to listen...or if you prefer...just become involved with the feelings of calm... peaceful...tranquil...relaxed...as your conscious mind continues to become more and more involved with this special place that you have chosen...breathe/relax... breathe/relax...breathe/relax...because your sub-conscious knows how to subconsciously

POST HYPNOTIC

SUGGESTIONS

Now that you are so deeply relaxed...I would like to suggest how you might cope with the stress in your life...if you wish you can extend the principles of **calm...peaceful...tranquil...relaxed**...to your every day life
...whether you are alone or with others...you can automatically be **calm...peaceful...tranquil...relaxed**... and your mind is sharp and alert and you are able to think clearly and logically ...whether you are performing a task around the house...interacting with your children, your friends, your family or your spouse...you are now **calm...peaceful...tranquil...relaxed**...and each and everyday you are happy to be you...*since you will always be you*...you accept this fact and just work to be the best you that you can be the best you that you can be...you don't have to try to better than that!...You now face life ...knowing that there is frustration and stress...however, now you face your stress and frustration **calm...peaceful...tranquil ...relaxed**...you look at whatever problem that comes your way as

something that you can handle...now that you are calm...**peaceful...tranquil...relaxed**...you see all situations and circumstances in your life whether positive or negative...in their true perspective...without enlarging them...without allowing them to get out of proportion...you look at them with a calm, relaxed mind and you can cope with them...without becoming resentful or angry...you know that you can handle them...calmly and not let them upset you...

You choose to accept the fact that the past is gone...it's imbedded in stone...it can't be changed ...you know and understand that such statements and thoughts as "what if", "if I only" are a waste of time and only cloud your mind and drain you of the mental energy of living in the **present moment**...and you know that you now have little or no difficulty handling those problems which arise in each moment as you live calm...peaceful...tranquil...relaxed...

Further you now choose to understand that your resentments and anger... are in the past and as you live each moment of your life to the fullest...you can just let these resentments and feelings of anger go... while you still are concerned about the future...you are now not worried about it!...you know when the future becomes now you can handle it...just keep in mind a line from psalm 118..."This is the day which the Lord has made...let us be glad and rejoice in it."...nothing is said about bringing in some of yesterday or some of tomorrow ...God never gives us any more than we can handle each moment...and we have problems when we fret about the past and worry about tomorrow...the difference between worry and concern is that when you are concerned you are in control and when you are worried, it controls you...being concerned can be quite productive...but worry is just thinking that you can do something about something you can't do anything about...as you become and remain calm... peaceful...tranquil...relaxed... now as you choose to spend your time more efficiently and effectively and you find that you grow stronger and stronger mentally physically and emotionally and you face the stress and frustration of your life calm... peaceful...tranquil...relaxed...being able to see things in their true perspective...you enjoy each day... accepting the joys, pleasures, frustrations, pain, rewards etc... I know and you know that is what life is all about...an as an adult human being you can now face the pleasures and sorrows of life being calm...peaceful... tranquil...relaxed...seeing things in their true perspective and letting go of your resentments and anger... since resentment and anger are products of the past... you let them go...and live your life in the **present moment** since the present is really all you have...and you should live each of these moments as fully as possible...

Now I would like to suggest that these negative reactions of frustration, resentment and anger be replaced with feelings of love...yes, love...and love is patience, kindness, understanding, forgiveness and honesty...**PATIENCE**...enables you to remain calm in moments of stress, anger and resentment... **KINDNESS**...enables you to focus on the feelings of others... **UNDERSTANDING**...enables you to see and understand another's point of view and how they feel...**FORGIVENESS**...enables you to forget your resentment and anger and **HONESTY**...gives you the courage to admit when you are wrong that you are wrong!

Now may I suggest as you live your life in the present moment...you can let go of the resentment and anger of the past...not worrying about the future...being concerned...but not worried!...you are calm...peaceful...tranquil... relaxed...you're able to see things in their true perspective as they really are...without exaggerating them and letting them get out of control...now I'm going to be quiet for a few moments and I want you to listen to the music and enjoy this special place which you have chosen ...feeling more and more calm... peaceful...tranquil...relaxed...as you let yourself go deeper and deeper into relaxation...(PAUSE)...

When you come out of the trance...I would like to suggest you continue to have this feeling of calmness, tranquility, peacefulness and relaxation ...when you return to the living of your everyday life you carry these principles of relaxation into all of the circumstances of your life...you now know and understand that when you live in the present moment remaining calm ...peaceful...tranquil...relaxed...you see things in their true perspective and you can handle what ever comes your way...further you know and understand that now that you live within the framework of love which is patience, kindness, understanding forgiveness and honesty...your resentments and anger which are rooted in the past and your worry about the future is unnecessary ...it's unimportant...you can let it go!!...so just remember... "this is the day which the Lord has made...let us rejoice and be glad in it." (**Turn off the hypnomusique**).

AROUSAL

(turn off hypnomusique)...In a moment I'm going to count from one to three so that by the time I say the number three you will be able to open your eyes and feel wide awake...full of energy and pep...you will feel invigorated and revitalized...you will be rejuvenated and rested...as though you have taken a long peaceful nap...you will feel fitter...better...and stronger...fitter... better...and stronger in every way...because you have been able to relax so deeply and soundly your mind will be sharp and alert...and you will be able to think clearly and logically...I will begin now...1...you are feeling very rested right now... your entire body is very much at peace...you have been able to relax deeply and soundly and it has been through your ability to relax deeply that you bring the same relaxation into your every day life...in the future you will find hypnosis even more relaxing...2...you begin to feel energy and life flowing to every part of your body now...your arms, your legs...your torso... you begin to feel strong...alive...full of energy and vigor...you feel alert and rested...you feel perfect... emotionally...physically...and mentally perfect...you have a feeling of well being...you feel sound...healthy ...and robust, ready to take on whatever else may come your way today...your eyes feel refreshed and rested as though you were awakening from a long nap... your entire body feeling refreshed as though you had just taken a brisk shower... allow your body to balance itself now...3...you may awaken, open your eyes, stretch, and smile...

Directions After The Second Stress Management Session

1. Continue to listen to the non-hypnotic tape at least once a day or more often if you'd like.
2. Listen to your relaxation tape whenever needed.
3. Continue your positive affirmation schedule.
4. Continue to use your breath and Calm, Peaceful, Tranquil and Relaxed for relaxing in an active situation.
5. Continue to read The Four Agreements
6. Listen to the Hypnotic Behavior Modification Stress Management tape at least once a day or more often if you'd like.

Hypno-Conditioning Cassette Tape Used After The Second Session

Hypnotic Behavior Modification Stress Management Tape.

(Use the second visit script, with slight adjustments for this tape).

Complete discussion of the stress management program used by Dr Tatarunis can be found in his book, *Nobody Drives You Crazy, You Do!!* (2002) New York: Vantage Press.

Hypnotic Procedure For Gastro-Intestinal Disorder**Induction**

It's very positive and comforting to know that you can hypnotize yourself...and you can do that whenever you are ready...(turn on the Hypnomusique)...(wait)...

I want you to enjoy this experience...now that your eyes are closed I want you to become aware of your breathing...just continue to breathe naturally and normally and focus on your diaphragm and allow your breath to find its own rhythm...feel how easily and comfortably your diaphragm (**watch the client's diaphragm**)...just rises...and falls...rises...and falls...(pause)...perhaps you're taking a special kind of enjoyment knowing that you have the ability and capability to go deeply into trance...that's right...just rise...and fall...rise...and fall...(pause)...perhaps you're beginning to notice that the rhythm of your breath is sending relaxing feelings throughout your mind and body...and I want you to enjoy this experience and allow yourself to become more **calm... peaceful... tranquil...relaxed**...

It's nice to know that as you feel the rhythm of your breath that you can continue to relax physically and mentally that's right...perhaps you are beginning to notice...as your mind and body relax...it brings your whole being to an awareness of a peaceful inner balance...it's important for you to be aware that each time you enter the trance that

you may even go into deeper levels of trance...deeper levels of peace and comfort...
doing very well.

you're

In a moment I'm going to count from 1 to 3 and I'd like to suggest that you imagine yourself in a place that gives you peace and quiet...and I wonder if you'll choose a place with mountains...trees...or water...a meadow...a forest...a lake...or the ocean...or possibly even some place I haven't mentioned...and that's OK...I'm going to begin counting now...1...its getting clear...2...it's clearer still...3...now it's even clearer...now as soon as you can imagine yourself in your quiet place just move any finger in your right/left hand...**(wait for a signal)**...great...now use all of your senses as you enjoy your quiet place...become aware of what you can see...the minutes details...the colors, the textures...possibly you can hear the sounds and smell the aromas you associate with this place...and maybe you can feel the warmth or coolness you experience in this place...and possibly you can feel the inner calm, peace, tranquillity, and relaxation in your mind and body...I'm now going to be quiet for a few moments while you enjoy your quiet place...**(pause)**...now of course I'm not sure what you're experiencing...but perhaps you're so relaxed and comfortable and I wonder if you'll be surprised to discover that you can take a journey inside of yourself and explore this inner dimension...maybe it will surprise you to discover that within you are vast areas of untapped resources that you need to become aware of...it is a place of great energy and creativity...give yourself an opportunity to become aware that within you is a place that holds unlimited potential to meet your needs...

Deepening

Now please allow the image of your quiet place to fade from your mind...**(wait)**...now become aware of your self...and imagine that you are standing at the top of a stairway that has 10 steps...as soon as you are able to imagine this give me the usual hand signal...**(wait)**...good...now take a look at the stairway...is it wide or narrow?...step or shallow...does it go straight down or is it curved?...or possibly is there a landing part of the way down?...notice if there is a hand railing or a banister to hold on as you descend...now I'm going to begin counting from 10 to 1 and I'd like to suggest that you take one step per number...and I wonder if you'll be surprised to discover that each step you take will take you closer to your inner dimension...10...feel yourself descending deeper and deeper...9...descending deeper into that special place within yourself...8...perhaps you feel the energy as you come closer to that place that holds your unlimited potential to heal your intestinal problem...7...going deeper and deeper within yourself...6...you may even begin to feel the positive healing energy of this place...5...notice the vitality of this place as you get closer and closer...4...let your mind, body, and spirit become more aware of the positive energy in this place...3...going deeper and deeper and deeper and feeling more relaxed...2...feeling very comfortable...1...feel the power of the positive energy of this place as it radiates throughout your mind, body, and spirit...**(Pause)**...

Preparation For Imagery

Now that you are so relaxed...and your mind, body, and spirit are so **calm, peaceful, tranquil, and relaxed**...you are in your alpha level... I wonder if you'll notice you are in complete control...become aware that you are capable of exploring many dimensions when you are at this level...maybe it will surprise you to notice that even though you are mentally and physically relaxed...you are, nevertheless, very aware and alert on this alpha level...when you work on this dimension you can employ the use of imagery to help you with your **(state the client's problem)**...

What's important now, is the ability of your mind to free yourself from the burden of worrying about your **(state the client's particular digestive tract problem)**...and to allow your mind to be it's own healing physician...trust that you have within yourself the power and knowledge to help you to solve your problem and heal any intestinal damage...allowing your digestive tract to function naturally and normally...now free your mind from worry about your **(state the client's problem)**...and allow the power of your mind, body, and spirit that you feel within yourself to take over...

Imagery for Gastrointestinal Disorders

Now whatever image you may have in your mind please let it fade...**(pause)**...

Imagery 1 (General)

Now use your imagination and remember, in your imagination you can do anything with effortless ease...imagine now that you have a golden hair mermaid with a slivery blue body and tail rhythmically traveling through your intestinal tract...as soon as you can imagine this then give me the usual signal...(wait)...good...now as this mermaid travels the intestinal tract she will come to an area where you are having gastric difficulty...when she does she will touch that area and you will be able to see and feel that area healing...as she journeys through the tract she will also check to make sure everything else is in order...now as soon as she has completed the journey give me the usual signal...(wait)...**(Turn off the Hypnomusique and go to the arousal)**

Note: This image is patterned after one by Gerald Epstein, MD)

Image 2 (Ulcers)

Since excessive acid secretion exacerbates your ulcer...you must be aware of the many circumstances, events, and people in your life that create tensions that increase the flow of acid...to help heal your ulcer, I want you now to imagine what your ulcer look like...when you have imagined this then give me the usual signal...(wait)...good...now take it a step further and fix it...the way it would look when the ulcer has healed...just imagine the stomach with no ulcerated perforation and pink and healthy...when you have completed that task please give me the usual signal...(wait)...now I want you to think, feel and imagine how comfortable you are now that your ulcer has healed...(wait about 1 or 2 minutes)...now as we continue the process I want you to imagine that you are sitting in front of your television set...give me the usual signal when you are there... (wait) good, the program we are watching is about your ulcer as it progresses to health...the first image on the screen reveals the ulcerated sore...now the ulcerated area has more blood flowing into it...as this happens the blood brings in some immune cells that flush and clean out the ulcerated area...the blood then creates a protective covering over the cleansed wound...creating the condition which encourage new pink healthy cells to begin to multiply and heal...again think, imagine, and feel that this healing process is taking place in your **(state the location of the ulcer)**...at this moment...(wait about 1 to 2 minutes)...**(Turn off the hypnomusique and go to the arousal)**

Image 3. (Irritated bowel, Colitis, Crohn's Disease)

No one knows better than you what your **(client's digestive tract problem)**...

symptoms are...now we are going to a laboratory where you will have the opportunity and calm the hypersensitive nerves in your intestines and get some relief from your discomfort and the alternating symptoms of constipation and diarrhea...

Now I want you to imagine yourself in a very modern state of the art laboratory...when you're there give me the usual signal...(wait)...great...remember in your imagination you are able to do anything with effortless ease...this laboratory has in it everything that you need to help your **(client's condition)** condition ...now the first thing I want you to do is to reach into your abdomen and remove that part of your intestine that is giving you your current problem...now you will find a sink which is filled with a golden liquid...and I want you to put your intestine into the liquid of gold and allow the liquid to cleanse the inside and the outside of your intestine...(wait)...when the intestine has been cleansed then take it to another area in the laboratory where there is a healing laser beam of pure golden light...the laser will further cleanse and clear out any debris which may have remained...as this occurs you are able to see any part of the tract that was injured just healing...when you feel that this segment of your digestive tract has been repaired turn off the healing laser and return the intestine back where it came from...now think, imagine and feel how comfortable your bowel feels...(wait)...

Now lets see how well the tract works when you eat some food and it goes into your digestive tract...imagine your self eating some food...experience it going through you digestive tract where it is perfectly digested...finally see the fully digested food being eliminated in perfectly normal fecal mass...you now know that your intestinal tract is performing naturally and normally...

Image 4. (Irritable Bowel)

Now that you're so relaxed place your hand on that part of your abdomen where you currently feel distress and discomfort...now become aware of the warm and calm feeling in your abdomen from your hand...when you feel the warmth and calm give me an affirmative nod...(wait)...good...now imagine a calm lake surrounded by green hills...it's a beautiful summer day...when you are at the lake give me another affirmative nod...(wait)... great...notice how calm the lake is...it's so calm that it may even look like a mirror...now begin to let your intestinal tract take on the same calmness of the lake...when you think, imagine, and feel this calmness in your digestive tract...give me another affirmative nod...(wait)...great.

Now as you enjoy this calm and comfort in your intestinal tract, say to yourself, "I am recovering" ...(wait)...and know that you are now medically following your doctor's direction...and are taking the medication that he has prescribed...at the same time you have trust in your mind, body and spirit to help find a way to calm your **(state the subject's problem)**...and heal the damage so that your intestinal tract will function properly...(turn off the hypnomusique).

Arousal

When you are ready please arouse yourself by counting slowly form 1 to 3...make sure your body systems are balanced...your awake and aware thinking logically and clearly...then you can open your eyes and stretch and smile...take your time don't hurry and you can begin whenever you're ready...

Post Trance Procedure

1. Please hypnotize your self and practice the healing imagery we just completed. Please do it for about 3 minutes - you can begin when your ready - I'll keep tract of time...(wait)...your 3 minutes are up please bring yourself out of the trance - take your time.
2. Do the same exercise 3 times a day before you eat breakfast, at twilight and before you go to bed. Do the visualizations for 3 weeks if there is no improvement take a week off and repeat the 3 week cycle.

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Hypnotic Imagery and Suggestion for Dermatological Disorders

The therapeutic process is therapeutic in itself because it allows us to express and examine the content and dimensions of our internal lives. We live full lives to the degree to which we find a full range of vehicles that concretize, symbolize, and otherwise give expression to our experience.

Joseph Zinker
Creative Process in Gestalt Therapy

Healing, once in progress, seems to take on a life of its own. The need to heal seems to well up from a depth little known to the healer and to progress with a surety of purpose that can elicit a sense of awe. The healer is as a spectator watching the pattern of vital energies taking place, forced to realize that there is an intelligent process at work.

Dolores Krieger
Therapeutic Touch

Introduction

The use of hypnosis for dermatological treatment has produced some positive results, e.g., acne, psoriasis, eczema, neurodermatitis, warts, and herpes simplex. Hypnosis and self-hypnosis to reduce stress is particularly helpful to those skin conditions which are brought about by anxiety, e.g., herpes, eczema, psoriasis, acne, and warts.

Ted Grossbart, Ph.D. is a clinical psychologist who teaches at Harvard University and is clinical supervisor at the Beth Israel Hospital in Boston, Massachusetts. His program for skin problems combines progressive relaxation, visualization, hypnosis and psychotherapy toward the following 5 goals:

1. **Relaxation** - Relaxation alone is not enough. The patient should become aware of what is creating the stress, even if it is painful to focus on that reality.
2. **Altering the Perception of the Problem** - Pain and itching is increased when the mind focuses on it. If the patient can divert his conscious mind away from these physical irritations they can become less irritating.
3. **Altering The Physical Condition of the Body** - Many skin disorders are exacerbated by temperature and moisture change. However, if the patient can visualize changes in the state of his body, relief is possible.
4. **Understanding The Psychological Meaning of the Symptom** - The skin reacts to the way we feel and is influenced by such emotions as anger, fear, frustration, self degradation. It is important to understand how these emotions affect the particular skin condition.

5. **Learning to Let Go** - It is difficult to get rid of a particular skin problem if the patient is receiving secondary gains. The patient may consciously or unconsciously, no matter how painful the condition, not want to get better. (Padus 1983 p. 556)

In a recent study of guinea pigs one group was exposed to a skin irritant and subjected to stress. The second group was exposed only to the skin irritant. The group exposed to the stress showed a greater level of skin irritation. (Padus, 1983, p. 556). Researchers have also concluded that stress and personality factors contribute to dermatitis and hives.

Psoriasis

This common skin disease is found in about 4% of the white population - not prevalent among the black population. It can be found over many places of the body, or confined to just one area. Epstein (1989) wrote,

Emotional and social factors are prominent in this condition as we might expect. Very often there are mixed feelings of anger and grief combining in a context of severe turmoil, confusion and frustration about social relationships. (p. 169)

Normal skin takes 28 to 30 days to mature. In psoriasis it takes only 3 days. At this rate the skin does not shed it clumps together to the silvery white scaling outbreak. The redness that can be seen are the blood vessels underneath that feed the abnormal growth. Current methods used to control psoriasis, since there is no cure, include topical treatments and ultraviolet light. Doctor Eugene Farber, president of the Psoriasis Research Institute in Palo Alto, California believes there is a relationship between a flare up and an incident of great stress. He said, "from what I've seen in my practice, if you use the best ointments and medicines alone, you don't get as good a result as when you emphasize *Stress Reduction* along with it." (LeGro, 1991)

Eczema (Dermatitis)

The outward manifestation of this dermatological problem is thick discolored skin. More specific symptoms are:

- red patches of weepy crusting skin - *Nummular Dermatitis*.
- flashing skin - *Seborheic Dermatitis*.
- when the skin contacts an allergen such as poison ivy - *Contact Dermatitis*.

Another important symptom is the dry flaking skin *itches*.

Topical treatments and ultraviolet light are used and anti-scratching therapy. The latter is important because the scratching spreads and hampers the eczema from healing. A Swedish study where eczema patients were taught "anti-scratching" techniques, **e.g.**,

- patients pressed down on the itching affected area for 1 minute
- they then moved their hands to their thighs or some other object
- during the second session when the itch occurred they were instructed to move directly to the thighs or to another object.
- after one month the patient who used medication along with the "anti-scratching" techniques had nearly twice the improvement over the patients who used only medication. (LeGro, p. 453)

Hunter (1994) reported that she had used hypnosis with a 6 year old boy who had a severe case of eczema. He was also allergic to foods, pollens, and some clothing material. Whenever he had an allergic response it exacerbated his eczema. He was a good subject for hypnosis and when encouraged to find his own imagery he came up with a friendly dragon who protected him and they would both swim in a magic river where the water washed away the irritation and discomfort and brought about healing. Hunter worked with the boy for 1 session (1.5 hours) and kept in touch with him for a two year period and reported that his eczema continued to improve. (p. 104)

Herpes (HSV)

The Herpes Simplex virus (HSV) infects from 40 to 100 % of the population of the United States. HSV type 2 usually infects the genitals. It is highly contagious and is transmitted by person-to-person contact. This contact is *not*

necessarily sexual. HSV is a chronic condition. Currently there is no cure. However, the antiviral drug *Acyclovir* can control it. The most important consideration is not to weaken the immune system by smoking, lack of sleep, and no exercise. To keep the immune system working at full capacity, herpes sufferers need to find some kind of *stress management* device (pp. 441-442). Glogan (1980) wrote, "For many patients, the recurrences seem to be related to general life stress..." (p. 67). Scott (1960) emphasized the emotional factor that can bring about a recurrence of symptoms. He wrote, "...in some ways emotional reactions activate the virus that may be residing dormant in the host, or activates the cutaneous response to its presence." (p. 119)

Shealy and Myss (1993) wrote that when the immune system is in a weakened state a HSV flare up is likely to occur. There seems to be some correlation an exacerbation of herpes and the way a person is handling his/her life's stress. When a person is exposed to extreme stress, *e.g.*, marital problem, money problems, job pressure, etc. This condition is chronic and can manifest itself for a few days or for a week or more. The virus, which creates the herpes infections, lives in the person's body and the exacerbation occurs under stressful situations. (p. 204).

Persons who are negative and lack a social support system are more commonly to have a HSV flare ups, depression, stress, anxiety, hostility and fatigue have a weakening effect on "T" cells in the immune system. When the "T" cells are weakened then the latent bacteria and viruses are activated and the body is vulnerable to HSV and other illnesses. (p.334) Gould and Tissler (1984) reported on the use of hypnosis with a 32 year old woman. She had been afflicted with Herpes Simplex 2 for about 3 years. Two weeks prior to the initiation of the hypnotherapy the patient had a very severe attack and her medications proved was ineffective. Hypnotherapy was her "last resort." She also realized that *stress* was one of the triggers that exacerbated the flare ups. The women received a high score on the *Hypnotic Induction Profile* (Spiegel, 1974). Because of her low self-esteem, common among Herpes patients, Hartland's (1971) ego strengthening suggestion were used after the induction. A 2-minute quiet period followed to integrate the ego suggestions. This was followed by visualizations similar to the type used by Simonton, Matthews-Simonton, and Creighton (1978) with Cancer patients, *e.g.*,

...suggestions were made of a strong cell structure, perfect skin, hormonal balance, cleanliness, and a cooling refreshed feeling in the area of the vagina and perineum. Imagery of internally controlled friendly white sharks was used to "devour" the virus. Since the patient also enjoyed water and snow skiing, imagery of cool breezes, white refreshing snow, and clean fresh water was incorporated into these images. She visualized herself forgiving and releasing her previous boyfriend of guilt, thereby allowing her anger to abate. Before the termination of the sessions, a post-hypnotic suggestion of a "cool, quiet, pleasant, normal, healthy feeling" was imparted to the client. Each time she was hypnotized, she would be surprised at her delightful feelings of health. This session was reinforced by a third session within two days. (p. 172)

The patient also received 2 cassette tapes for reinforcement, *i.e.*, one tape with the Hartland suggestions and the other with the healing visualizations. She listened to these tapes every night. Once she learned to relax and lower her anxiety level she was able to go through a month without a flare up.

Warts

The papilloma virus causes warts. Warts are generally benign except in the genital area where they have the possibility of becoming malignant. The research literature reports that hypnosis has proved to be successful in the treatment of warts. Ullman (1950) reviewed some of these studies and reported that during the 1920's Dr. Bloch, a wart specialist in Zurich, treated 179 patients and 98 were cured (55%). He used only a single visit with a flair for a dramatic ritual, much like the "wart charmers" of the day used. Self-hypnosis and hypnotic responsiveness was not part of the treatment plan. He constructed what he called, a "*wart killing machine*." This machine was totally useless. However, he told patients that the machine gave off a lethal anti-wart ray that killed warts. He was very successful. While the machine had no effect on the warts, belief and expectation did.

Ullman and Dudek (1960) evaluated their patient's hypnotic responsiveness and reported that patients with high hypnotic responsiveness had a higher cure rate (53% vs. 4%). Their overall cure success for their study was 16%. On the other hand, Surman, Gottlieb, and Hackett (1973) found the hypnotic responsiveness was not an important factor. The ability to imagine the sensation of tingling in the warts seemed to be a more important variable.

Spanos, *et. al.* (1988) conducted 2 well controlled study with 140 patients. The patients were tested for hypnotic responsiveness, vividness of imagery and absorption of suggestions. None of these variables had any

significant influence on the results. They also found that the suggestion administered without hypnotic induction produced the same results as with induction.

Surman (1972) reported on successful treatment of a child with 31 warts using direct suggestion in hypnosis. Noll (1987) used hypnosis along with imagery of “killer” and “guards” in the immune system attacking and destroying the papilloma virus. Ewin (1992) wrote that hypnosis was more effective than other therapies for the following reasons.

1. No scaring after treatment
2. No recurrence of warts
3. Hypnosis is an acceptable treatment when patient is allergic to medication, previous painful treatment, or the location of the warts makes patient refuse other treatment modalities. (p.3)

From his own study he concluded:

1. Direct hypnotic suggestion is most successful with pre-pubertal children.
2. If there are no results after weeks with direct hypnotic suggestion do a reframing procedure to get an ideo-motor answer that its perfectly all right to let go of the warts.
3. When anal and vaginal warts do not heal after receiving ideo-motor approval - do one more surgical removal - expecting no recurrence.
4. Self-hypnosis is not necessary in the treatment plan. The poorest results are when self-hypnosis is used.
5. The literature and this study indicates no correlation between high hypnotic responsiveness and cure. (pp. 8-9)

Morris (1985) reported in a case study of successfully using the Simonton visualization technique and hypnosis. The patient was a 10 year old girl that had 50 warts on her hands. She was treated unsuccessfully for 12 months with liquid nitrogen. She also had 23 warts removed while under anesthesia and within a few months all the warts returned. The patient was seen 5 times over a period of 6 weeks. Once the hypnosis treatments started the warts began to turn black and disappeared. Three months after the last treatment the warts were gone and a four month follow up found the patient to be free of warts. Because the patient’s previous stubborn nature of her warts and her high hypnotic responsiveness hypnosis seemed to be the reason for the cure. (pp. 238-239)

Sinclair-Gieben (1959) recommended hypnosis for warts when,

- They were large
- Located in awkward places
- Numerous
- It was a plantar wart

To Dr. Grosshart, a clinical psychologist with experience treating eczema, hives, warts, and genital herpes, wrote the emotions play an important part in exacerbating skin disease. The two most damaging emotions are *anger* and *loss of love* - the skin expresses anger and also looks for love. His approach was multi-faceted, i.e., he used hypnosis and relaxation to:

1. Understand the meaning of the symptoms;
2. Help the patient to shift his attention away from the disease;
3. Use imagery to change the physiological symptoms.

He also attempts to teach the patient that the skin is telling him/her to, “change their head and heart;” To help them to redirect their anger and frustrated love which is destructive, to more constructive pursuits. A patient of Grosshart’s, in his late twenties, hands were grotesquely covered with warts. The hands were so deformed that they appeared as the hands of a leper. Gosshart used hypnotic suggestion successfully to reduce the patient’s pain, by getting rid of the warts seemed impossible. At this point in the hypnotic treatment Gosshart shuffled the focus to imagery since the patient was a carpenter, he had him imagine that there was a work crew that was systematically dismantling the layers of warts that plagued both of his hands. The carpenter was in charge and ordered the work crew in what they were to do. One of the work crew also pointed out to the patient that when the warts were gone he would have to face the real problem - his great shyness of women! (Locke and Colligan, 1986, pp. 210-211)

GNEAH Approach For Dermatological Disorders

Since stress is an important factor to exacerbating skin disorders, the GNEAH stress management procedure found in the *Advanced Hypnotic Techniques Seminar* (1997) should be used first. (pp. 2-25). In some cases once the client maintains his stress, in a more positive way, his skin condition will improve.

Hypnotic Procedure For Dermatological Disorders - General Approach

- Self Hypnosis
- Induction
- Deepening
- Preparation for hypnotic imagery
- Post-hypnotic suggestion - imagery
- Arousal
- Post-trance procedure

SELF HYPNOSIS

Get yourself into a comfortable position...when you're please hypnotize yourself...**(wait)**...good...you're doing very well...**(turn on**

hypnomusique)

INDUCTION

At first when you begin to go into your trance you're quite aware of the sound of my voice... the sound of the music...the sounds in the room...the sounds outside the room... there maybe thoughts and images that pass through your mind ...feelings in your body...and isn't it nice to know that your conscious mind can wander and drift from one place to another...or to no place in particular...and you can rest comfortably...and breathe comfortably...that's right...

You might be surprised to discover...that as you relax here...yes here ...not there...you can set aside, temporarily what is going on in the world...and simply get involved with your own thoughts and images...as your conscious mind continues to drift...and one of the most soothing and comforting realizations may be...that you really don't have to pay any attention...that's right...you don't have to pay attention to anything other than what pleases you in this moment...and when this moment is gone...then you may choose something else for that moment...or you may bring the thought or the image from the past moment to the present moment...and if you choose not to that's all right too...while your conscious mind processes anything that it notices...there is a part of you that is infinitely more interesting and powerful...that is your unconscious...it is always there listening and protecting your interests... even when your conscious mind drifts off elsewhere... your conscious mind is not conscious of the abilities that your unconscious has...we are aware of what the conscious mind can perceive consciously...it's easy to be aware, to know, and understand...however, the unconscious is always ready to help us in its unconscious way...in this case how to relax more effortlessly, more completely and more comfortably...

At this time you may not have been aware of when or where the physical relaxation began...in your arms, your legs, your torso...it's so comforting to know that the conscious mind has the freedom to drift...to imagine...to float through time and space to any wonderful place...your mind can float way out there ...and the fact that it has...your body can relax and rest here ...that's right...over here not there...so let your mind just drift...as you continue to relax...in your own time and in your own way...

What's so wonderful about being in the trance state...is that your mind is very capable of being over there...and your body is resting here...as it continues to take care of itself... unconsciously it takes care of itself...you don't have to be aware of whether your respiration has changed...or that your pulse rate may have changed...or what's the position of your hands...or your legs...isn't it nice to know that the mind has the freedom to drift freely...and feel comfortable over there ...while your body is over here...but it's interesting to discover that if you wish to be aware of your body on the couch ...your left foot...your right arm...that the mind and body are still closely related...but for now

just allow the mind to continue to drift down into that wonderful place of complete detachment and deep comfort over there...while your body remains over here...(pause)...

Now while your body relaxes comfortably over here...your conscious mind may not understand what's happening...being over there...but your unconscious is much smarter and is quite aware that you can drift freely into deep relaxation...your conscious mind is just learning that you are capable of experiencing deep feelings of comfort and relaxation...each time you enter the trance you may discover that you are really capable of deeper levels of relaxation...where your mind just feels detached from the body...it will be your unconscious that will continue to add new dimensions to your trance experiences in its unconscious way ...what a relief to know that your unconscious mind is capable of taking care of things...and you can just relax in that peaceful, quiet place...a place of deep comfort...where your mind seems to drift almost automatically...it could be a place with mountains, trees, or water...a pond, a lake, a meadow, the ocean...or some where indoors...perhaps you can even see the minutest details of this place ...the colors...the textures...possibly you can hear and smell the aromas that you associate with this place ...maybe you can feel the warmth or the cold...and perhaps you can feel how relaxed you are...here as well as there...that's right...now I'm going to be quiet for a few moments while you enjoy your quiet place...(Pause)...

DEEPENING

Now please use the deepening technique you learned in the Deepening technique in the first session ...continue to breathe naturally and normally and each time you exhale say the word deeper to yourself... you can begin anytime you like...(pause)...great...you can stop the deepening process at this time.

PREPARATION FOR HYPNOTIC SUGGESTIONS

allow the image you have in your mind to fade Now that you are relaxed and comfortable...I'd like to allow the unconscious mind to become receptive to the suggestions I'm going to make ...just allow your subconscious to help you in its unconscious way...(pause)...

POST HYPNOTIC SUGGESTION

One of the first things that you can become aware of is that we human beings have an incredible ability to heal...that's right...
I wonder if you're aware how successful the heart bypass operation has become... perhaps you were not aware, that after the bypass has been completed...it's the healing power of the body that takes over to insure the patients recovery... I wonder if you've noticed that plants and animals also have this healing power...if you've had plants you are aware that they have the inner healing power to grow new leaves when old ones die...and how your pet recovers when he/she is ill or has been hurt...I would like you to appreciate the fact that you also have this innate capacity to heal...that's right.

I wonder if you will be surprised to discover...that deep within yourself there is a place which is the source of your inner healing energy...now I'd like you to go within yourself to the source of this healing energy...this place...and perhaps you're beginning to notice the warm or the coolness of this place...but most of all perhaps you can feel deep inside yourself the personal satisfactions that you are again an active participant in healing your skin...it's interesting to note that each person perceives this healing energy in his/her own way...some perceive the energy as a laser like healing light that is sent to bathe the areas where they are experiencing skin problems...while others perceive the healing light as a shaft of golden sun light that transforms the skin from illness to wellness...on the other hand some times the healing light energy is a cool blue or green...or a warm red or orange...as soon as you have found your healing energy source give me an affirmative nod...(wait)...great...

Now I'd like you to become more and more aware of how your healing energy feels as it begins to heal your skin condition...be sure that you bathe all parts of your body where you are experiencing the problem...that's right...(wait)...you already know how to use your creative imagination to create a picture in your mind that your skin is now completely healed...the skin looks natural and normal...it's pink...it's smooth...the eruptions are gone...give

yourself the opportunity to enjoy this image...as you enjoy this image of you skin being well give the image as much detail as you can...now when you have healed your skin please give me an affirmative nod...(wait)..great...

Now please, set aside this image...(wait)...now create another image of you participating in an activity that your skin problem prevented you from doing...make the image as real as possible...maybe you can see the minutest details of the place where the activity occurs...the colors...the textures...and I wonder if you can hear the sounds and smell the aromas you associate with it...or perhaps feel the warmth or coolness of this place...now that your skin is healed...take a few moments and enjoy this place...(wait)...now please allow the image you have in your mind to fade...(wait)...now I'm going to ask you to use your imagination again...when I snap my fingers you'll be in a movie theater...you'll be the only one there...and the mane of the movie that will be on the screen will be how (client's name) cured his/her (specific skin disease)...after the title you will see yourself with your (specific disease)...and the condition is quite acute...I'm going to snap my fingers now...(snap)...as soon as you're in the movie theater and your observing your (specific disease) in an acute phase give me an affirmative nod...(wait)...good...

Now as you watch this movie it eventually shows you treating all of your (specific disease) with that healing energy source...and your (specific disease) begins to disappear...the skin becomes pink and healthy...and as the movie ends your skin is completely healed...it looks so good...it looks so good... once the movie ends then I want you to rewind it and play it once again...when you're finished please give me an affirmative nod...(wait)...good...

I wonder if you will enjoy how naturally how easily you will be able to replay the movie in your mind as you hypnotize yourself every day to reinforce this imagery to heal your skin...the more frequently you use the healing imagery...the stronger will be the message you are sending to the unconscious... which communicates the same message to your skin...that, **"I CAN HEAL MY SKIN...I AM ALL READY HEALING...I CAN HEAL MYSKIN...I AM ALL READY HEALING...(short pause)...(turn off the hypnomusique)...**

REALTERTING

In a moment I'm going to count from one to three so that by the time

I say the number three you will be able to open your eyes and feel wide awake ...full of energy and pep...you will feel invigorated and revitalized...you will be rejuvenated and rested...as though you have taken a long peaceful nap...you will feel fitter...better... and stronger...fitter... better ... and stronger in every way...because you have been able to relax so deeply and soundly your mind will be sharp and alert...and you will be able to think clearly and logically...I will begin counting now...1...you are feeling very rested right now...your entire body is very much at peace...you have been able to relax deeply and soundly and it has been through your ability to relax deeply that you bring the same relaxation into your every day life...2...you begin to feel energy and life flowing to every part of your body now...your arms, your legs...your torso...you begin to feel strong... alive ...full of energy and vigor...you feel alert and rested...you feel perfect...emotionally ... physically...and mentally perfect...you have a feeling of well being ...you feel sound... healthy...and robust, ready to take on whatever else may come your way today...your eyes feel refreshed and rested as though you were awakening from a long nap...allow your body to balance itself now...3...you may awaken, open your eyes, stretch, and smile...don't rush...take your time...

Post-trance Procedure

1. Please hypnotize yourself and then play the movie that you just made in your mind. When you are finished, please bring yourself out of the trance.
2. Play that same movie in your mind three times a day - morning, twilight, and night.

Hypnotic Procedure For Specific Skin Disorders

It's recommended that with patients who have herpes, psoriasis and eczema that the stress management procedure found in the *GNEAH Advanced Hypnotic Techniques Seminar* (2003 Revision) should be used for several weeks before this procedure is used. However, with patients who have warts, the procedure below should be used first.

GNEAH Hypnotic Procedure For Specific Skin Disorders

Magnet Test Quick Induction (Warts Only)

Get yourself into a comfortable position...when you're ready...Close your eyes now... hold your hands in front of you with the palms facing each other...now concentrate on your right hand... keep concentrating on the right hand... giving it your complete attention...now as you concentrate on your right hand imagine it getting larger and larger...and larger...now as it gets large, it becomes a magnet and your other hand is a piece of metal being attracted to the magnet...the magnet pulls...and pulls and pulls harder and harder the more that the metal tries to escape the magnetic field...the stronger it becomes and pulls closer and closer...pulls harder and harder ...and as soon as you hands touch you will become tension free and go into a light hypnotic sleep...**(It may be necessary to coax the hands until they touch by repeating the words above. When the hands touch say the following words)**...now...lower your arms and place your hands palms down on the couch/chair...**(turn on hypnomusique)**...**(Go on to Hypnotic Relaxation)**

Self-Hypnosis (Other Problems)

Make yourself comfortable...now please follow my directions...1...look up at your eyebrows...2...take a deep breath and close your eyes...3...exhale your breath and feel yourself drifting down into that deep state of relaxation you have been experiencing for the past few weeks...**(turn on the hypnomusique)**...**(wait)**...**(go on to hypnotic relaxation)**...

Hypnotic Relaxation

Just allow your eyes to remain closed...this will help you avoid distraction from any external stimulus...now relax...and think of the word relaxation as you have never thought of it before... because now you are going to afford yourself a very peaceful kind of relaxation...and this relaxation will take over your whole body from the top of your head to the tips of your toes...so let yourself relax now...deeply and soundly relax...as you relax deeper and deeper...imagine yourself in a quiet place...imagine yourself just resting, relaxing...no worries...just peace and quiet...so just let yourself become involved with your own thoughts...your own emotions...as you enjoy yourself in this quiet place...and you continue relaxing deeper and deeper.

Now I will count from ten to one so that by the time I reach number one you will be deeply relaxed ...so very comfortable...in each and every way...I'LL BEGIN NOW...**10**...you are resting comfortably...doing nothing of importance at this point...you will hear my voice speaking to you all of the time, but it won't disturb you...you will find as you rest here, that your mind is becoming drowsier and drowsier...you will try not to think about what I am saying to you but you will hear everything I say...any noises which will occur will seem a long way off and will be of no interest to you at all...you're doing very well...

Let your feet relax now...and feel this relaxation spreading up your ankles...your calves...your thighs...as every muscle and nerve feels so limp and so loose...**9**...as I talk you will find the heavy feeling in your legs increases and with each breath you exhale you are slowly sinking down...drowsier and drowsier...but you will continue to hear everything I say...**8**... you feel so much better now as your pelvic muscles respond to your command to relax...you feel relaxation penetrating all your inner organs with a soothing warmth and it feels so good...so very comfortable ...it's such a nice feeling ...**7**...the relaxation is now spreading up through your chest muscles as every nerve and muscle begins to relax...your breathing is so effortless now...and it feels so good...**6**...your mental condition is one of quiet rest...all you want to do is to go on sinking down...getting drowsier...and drowsier...you are resting quietly and peacefully where nothing will worry you and nothing will disturb you...**5**...beginning with your lower back muscles this feeling of relaxation is spreading upward as each vertebra relaxes...one by one spreading upwards to your neck ...you feel so limp and comfortable now...as your whole torso feels so good...so very good...**4**...now your fingertips are responding to your command...relax and feel the relaxation spreading toward your wrists ...forearms and upper arms...IT FEELS SO GOOD...**3**...you will not be interested in anything except rest... you are getting drowsier and drowsier ...your neck feels so limp and so loose...as every muscle feels so very relaxed...so very comfortable...**2**...this

relaxation is now spreading up into your jaw...making it feel limp and comfortable...all your facial muscles feel so very relaxed and soft...your eyelids feel so comfortable...so very comfortable...1...your scalp feels so very good now...allow these muscles to release and relax...it may even feel as though someone had released a tense, tight, taut spring ...as those muscles just loosen and become so very comfortable...let your jaw relax...in fact, I'd like to suggest now... that you open your mouth slightly...separate your teeth...and then very gently move your jaw from side to side releasing any of the tension that you may have there...(watch the subject)...when your jaw feels more relaxed and you're ready...just close your mouth ...allowing your teeth to remain slightly apart...and your jaw relaxed and comfortable...as you continue to let go even more...you're doing very well.

Now if you want to complete the relaxation process...then allow the relaxation to move to your cheeks...your temples...your scalp...forehead ...your eyelids are comfortably closed...your eyes are relaxed behind your lids...your nasal passages relax... and your breathing is even more effortless now than before...take a moment now and scan your body...if you find any places of tension...then just let go a bit more...allow the tension to be replaced by those wonderful feelings of relaxation...you're doing very well...(wait)...

Imagery Deepening

Now that you're so completely relaxed...in a moment I'm going to count to three and I'd like to suggest that you imagine yourself in a place that gives you great feelings of peace and comfort...it may be a place with mountains...trees...or water...a meadow...a forest...a pond...a stream...or the ocean...or even some place indoors...when you imagine yourself in this place please use all of your senses...be aware of what you can see, hear, smell, touch and taste in this place...making it as real as you can ...I'm going to begin counting now...1... its getting clear...2...it's getting clearer...3...now it's even clearer still ...now I'm going to remain quiet for a few moments while you enjoy your quiet place...and you don't have to pay attention to anything but your quiet place...now when you imagine yourself in this place use all of your senses...be aware of the colors the textures...be aware of the sounds and aromas that you associate with this place...and possible you can feel the cold or warmth you associate with this place...and maybe you can feel these inner calm, peaceful, tranquil, relaxed feelings...

Deepening

Now I'm going to be quiet for a few moments and during that time I want you to listen to the music and enjoy your quiet place... (wait about 2 minutes)...now allow any image that you have in your mind to fade...

Preparation for Suggestions Now allow your mind to be receptive to the skin suggestions and images that will help to heal your condition...(wait)...

Option 1: Herpes Healing Imagery and Suggestions

I wonder if you will be surprised to discover that when you have a herpes virus eruption that your immune system has been weakened...and if you wish to help your immune system to function at the level where it is strong enough to control the virus...I wonder if you know that stress has a weakening influence on the immune system...everybody experiences stress...but how one reacts to stress is what makes the difference...It's very positive and comforting to know that for the past few session you have been learning how to manage your stress...that's right...what's important now, is the ability of your mind to energize your immune system...it's very rewarding to realize that you can help yourself...and in an interesting way, you'll discover how...you already know that in your imagination you can do anything with effortless ease...so this is what I would like you to imagine...

You're lying comfortably on a table with wheels...in a moment the table is going to move down a long corridor...as the table moves you will be covered with a healing white light energy...as soon as you can imagine yourself on the table give me an affirmative nod...(wait)...good...now the table begins to move down the corridor and you are covered with the healing white light energy...the light penetrates into your body and the cell structure of your immune system is energized...you have a feeling of energized healing in (state the area of the Herpes eruption)...it feel clean and cool...and the skin in (state the area of the Herpes eruption)...is perfect and the lesions are complete

healed...as you continue down this healing corridor...it's very rewarding to know that your immune system is now very strong and is searching out the herpes virus in your body and destroying it...

I'd like you to begin imagining the killer "T" cells of your immune system searching out the Herpes virus and destroying these cells...as soon as you can image that...please give me an affirmative nod...(wait)...good...It's positive and comforting to know that you have an indeterminable amount of killer "T" cells so keep them coming...while your body continues to be bathed by the healing white light energy...(wait)...and now if you wish you can allow the image of the killer "T" cells destroying the Herpes virus to fade from your mind and continue to imagine yourself moving down the corridor of healing white energy...It cleans...and cures...and sanitizes all of the cells of your (**state the area of the Herpes eruption**)...feel and imagine this healing light making the tissue of your (**state the area of the Herpes eruption**)...healthy and smooth and healed...that's right...(wait)...I wonder if you'll be pleased to notice that as you come to the end of the corridor that the healing white light energy has given your entire body a great feeling of renewal...that's right...and if you wish you can allow this image of the healing while light energy to fade from your mind...and it's so nice to know that you can return to the healing corridor whenever you wish...now when your ready return to your quiet place...and enjoy the inner peacefulness you experience while you are there...yes there, not her. (**wait about 90 seconds**)...(Go to the Arousal.

Option 2: Warts Healing Imagery and Suggestions

I'd like you to become more and more aware of how comfortably closed your eyelid are...in a moment I'm going to count from 1 to 3 at the end of the count you will find that the harder you try to open your eyes the tighter they will become...that's right...I'm going to begin counting now...1...they're getting tighter and tighter...2...now they feel as if they are glued together...tighter still...3...now they are very, very tightly closed...please try to open your eyes...(Watch as soon as the eyes are stuck)...you can stop trying...very good...maybe it will surprise you how well your body can take suggestions when you are in this altered state...I'm now going to lift your right/left arm...(Lift the hand with warts if applicable)...as I hold your arm up it will become lighter and lighter...I want you to make your arm lighter...and when I let it go it will just float in the air weightless...that's right, weightless...I'm now going to let your arm go...(let go of the arm)...in a moment I'm going to count from 1 to 3 and rub your arm...as I rub your arm it will get stiffer and stiffer...as stiff as a board...or as stiff as a bar of steel...that's right...I'm going to begin counting and rubbing your arm...(rub the client's arm)...1...2...3...now your arm is stiff as a bar of steel...please try to bend your arm...(watch)...you can stop bending your arm now...good...(take the arm)...now as I lower your arm to the couch it becomes very loose and limp...feeling very natural and normal...

I wonder if you're surprised to discover how the mind can influence the body to function...nothing is beyond the control of your mind...that's right...and the warts are going to leave your...(state the area containing the warts)...and your skin will be completely free of them...In a moment I'm going to touch the area around the warts with a pencil...I'm going to touch them now...(touch the area containing the warts if this is not offensive to the patient)...this area is becoming cool...cool...cool...as soon as you feel the coolness please give me an affirmative nod...(wait)...excellent...(if there are warts elsewhere follow the same procedure on the others)...I want you to know that the coolness you feel is cutting off the food supply to the warts...and these viral tumors will dry up and disappear...

Now I want you to say to yourself, after me...the area where the warts are is cool...(wait)...the warts will disappear...(wait)...the area where the warts are is cool...(wait)...and through the power of my mind they will leave my...(state the area where the warts are located and wait)...now, please listen to my words...

These warts will disappear...you now realize that your mind has control over your body...these warts will shortly disappear...the coolness you now feel in the area of your wart(s) will also begin to disappear...until they are completely gone...that's right...completely gone...

I wonder if you'll be surprised to discover that the body has some white blood cells that attack and destroy the viral cells that are responsible for creating warts...it would be helpful if you would now imagine these white cells attaching and destroying your wart(s)...when you can imagine this, give me an affirmative nod...(wait)...good...now take a few moments and let the white cells do their job and when your wart(s) is/are gone and your skin healed and free of warts, then give me another affirmative nod...(wait) ...great...(Go to the Realerting)

Option 3: Eczema Healing Imagery and Suggestions

Now that you're deeply relaxed...in a moment I'm going to count from 1 to 3...

and I would like you to imagine yourself standing on the bank of a beautiful tropical pool...it has a waterfall...and the pool is shallow so that at it's deepest the water comes only to your waist...I'm going to begin counting now...(Take your time)...1...it's getting clear...2...it's getting clearer...3...now it's very clear...when you can imagine this tropical pool...give me an affirmative nod...(wait)...great...now, look around the pool to notice the beauty of nature all around you...and perhaps you can hear the sound of the waterfall...and some of the tropical birds that live by the pool...(wait)...and possibly you can smell the aroma of the tropical flowers that grow around the pool...(wait)...and maybe you can feel the warmth of the sun on your face and body...(wait)...

I wonder if you will be surprised to discover that the pool in front of you has minerals that can clear your body of the eczema and can diminish the itch which accompanies your eczema...so now I'd like to suggest that you remove your clothes and become aware of the location of your eczema...and get ready to enter the pool...when you are ready just give me another affirmative nod...(wait)...good...as you enter the pool you will notice that the water is not too cold or too hot...it's just right and as you walk into the pool the medicinal nature of the water begins to soothe the places where the eczema is...notice how soothing it feels...now go over and stand under the water fall...and let yourself become more and more aware of the healing qualities of the water covering you...maybe it will surprise you to notice that as you rub the healing water into your eczema it begins to heal and your skin becomes pink and smooth...you may even notice the itching sensation begins to diminish and possibly even become unnoticeable...that's right...now take your time and when you have washed away your eczema give me an affirmative nod...(wait)...great...now why don't you leave and return to the bank of the pool...now I want you to begin to notice that in the midst of the vast tropical vegetation there is a plant with very large beautiful shiny leaves...when you see the plant, give me the usual signal...(wait)...good...now this plant has in it a healing balm that's located in the leaves...so pick some of the leaves and then proceed to rub this balm over your body...it will feel cool and be very soothing to your entire body...it will also act as a vaccine to keep your body eczema free...that's right...when you finish with the leaves and your body feels cool and comfortable from the healing balm from these leaves, then give me the usual signal...(wait)... excellent...you will notice that there are some soft white towels by the pool...why not wrap one of these around your body and enjoy the quiet surrounding around the pool...you don't have to pay any attention to anything until you hear my voice speaking to you again...(wait about 90 seconds)...(Go to the Realerting)

Option 4: Psoriasis Healing Imagery and Suggestions

What's important is the ability of your mind to help you to clear up your

psoriasis...that's right...it's important that you are fully aware that this is possible...in a moment I'm going to snap my fingers I want you to think, imagine and feel that you are naked and you are sitting at the beach in January...it's winter...and remember you can do anything in your imagination with effortless ease...that's right...I'm going to snap my fingers now...(snap)...as soon as you can think, imagine and feel yourself on the beach give me an affirmative nod...(wait)...good...one of the first things you become aware of is that you have golden putty knife...I wonder if you'll be surprised to discover that with this golden putty knife that you can remove all of the white psoriasis scales from your body...please begin to do that now...and it's very rewarding to know that when you remove the scales

underneath you will find clean healthy skin...when you're finished with this task give me an affirmative nod...(wait)...good...

Now I want you to go into the water...and think, imagine and feel the cold, cold water washing your skin...(wait)...now as you come out of the water I want you to discover that your entire body is covered with an icy film...on the beach is a jar of golden liquid and you take this liquid and rub it over the icy film...when you're finished please give me an affirmative nod...(wait)...good...on the beach you will also find a blue robe...as you put on this robe be aware, that your skin is healthy and free of psoriasis scales...(wait)...(**Go to the Realerting**)

REALERTING (**Turn off the hypnomusique**)...In a moment I'm going to count from one to three so that by the time I say the number three you will be able to open your eyes and feel wide awake ... wider awake than you were earlier this morning...full of energy and pep ...you will feel invigorated and revitalized...you will be rested as though you have taken a long peaceful nap...you will feel fitter ...better ...and stronger in every way...because you have been able to relax so deeply and soundly your mind will be sharp and alert... and you will be able to think clearly and logically...**I WILL BEGIN NOW**...1...you are feeling very rested right now...your entire body is very much at peace...you have been able to relax deeply and soundly and it is through your ability and commitment to relax deeply every day that positive, permanent change is coming into your daily life...in the future you will find hypnosis even more relaxing ...2...you begin to feel energy and life flowing to every part of your body now...your arms, your legs...your torso...you begin to feel strong...alive...full of energy and vigor...you feel alert and rested...you have a feeling of well being...you feel sound...healthy...and ready to face whatever else may come your way today...your eyes feel refreshed and rested as though you were awakening from a long peaceful nap... allow your body to balance itself...now when you are ready and only when you're ready...3... open your eyes...stretch...and smile...

Post Trance Procedure

Please hypnotize yourself...(wait)...

Herpes

1. Now imagine yourself in the corridor with the healing light...now imagine yourself moving down the corridor and the healing light begins to energize the killer "T" cells of your immune system...and the "T" cells search out, attack and destroy the **Herpes Virus**...this cures, energizes and cleans all of the cells (**State the Herpes eruption area**)...making your skin healthy, and smooth, and healed...(wait for at least 3 minutes)...now count slowly form 1 to 3...and arouse yourself...be sure your awake and aware and thinking logically and clearly...(wait)...
2. Now practice this entire procedure once more without my help.
3. Now I want you to do this imagery exercise 3 times a day. In the morning, at twilight, and in the evening.

Cassette Conditioning Tape

Put this procedure on tape. Listen at least once a day.

Warts

See appendix B for the cassette tape script for warts.

Eczema

1. Now I'm going to count form 1 to 3 and when I say 3 imagine yourself by the tropical pool...I'm going to begin counting now....1...it's getting clear...2...clearer still...3...now it's quite clear...when you can imagine yourself

naked by the pool, give me an affirmative nod...**(wait)**...good...this is the medicinal pool that contains the mineral that can heal your eczema...now go into the pool and go to the waterfall and then proceed to wash the eczema from your body and notice how the healing water makes your skin smooth...and pink...and diminishes the itch which was part of your skin condition...when you finish the cleansing, under the waterfall, then leave the pool...go to the bank of the pool where you will find those medicinal leaves with the healing balm and rub them on your eczema...notice how cool and fresh this balm feels against your skin...notice that it may diminish the itching even more...continue to rub yourself with the leaves until all areas of your body are free of the eczema...then count slowly from 1 to 3 and bring yourself out of the trance...

2. Now practice this entire procedure again.
3. Now please practice this imagery exercise 3 times a day in the morning at twilight and before you sleep.

Cassette Conditioning Tape

Put this procedure on tape. Listen at least once a day.

Psoriasis

1. I'm now going to count from 1 to 3 and I want you to imagine your self on the beach on a cold winter day...you are standing there naked, ready to go into the water to wash away your crusty psoriasis...I'm going to begin counting now...1...it's getting clear...2...clearer still...3...now it's very clear...as soon as you imagine yourself there give me an affirmative nod...**(wait)**...good...now take the golden putty knife remove the white psoriasis scales...as you do this notice how healthy your skin has become...take your time and remove all of it...when you've finished give me an affirmative nod... **(wait)**...good...now, go into the water and think, imagine and feel the cold water washing your skin...**(wait)**...now when you come out of the water notice that your entire body is covered with an icy film...on the beach you'll find that jar of golden healing liquid...take it and rub it over the icy film...when you're finished please give me an affirmative nod...**(wait)**...good...now put on the blue robe and notice that your skin is healthy and free of psoriasis scales...now count slowly from 1 to 3 and bring yourself out of the trance...take your time...**(wait)**...
2. Now, practice this entire procedure once more without my help.
3. Now, I want you to practice this imagery procedure 3 times a day. In the morning, at twilight, and in the evening.

Cassette Conditioning Tape

Put this procedure on tape. Listen at least once a day.

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